

July 3, 2006

Afghanistan *Freedom*

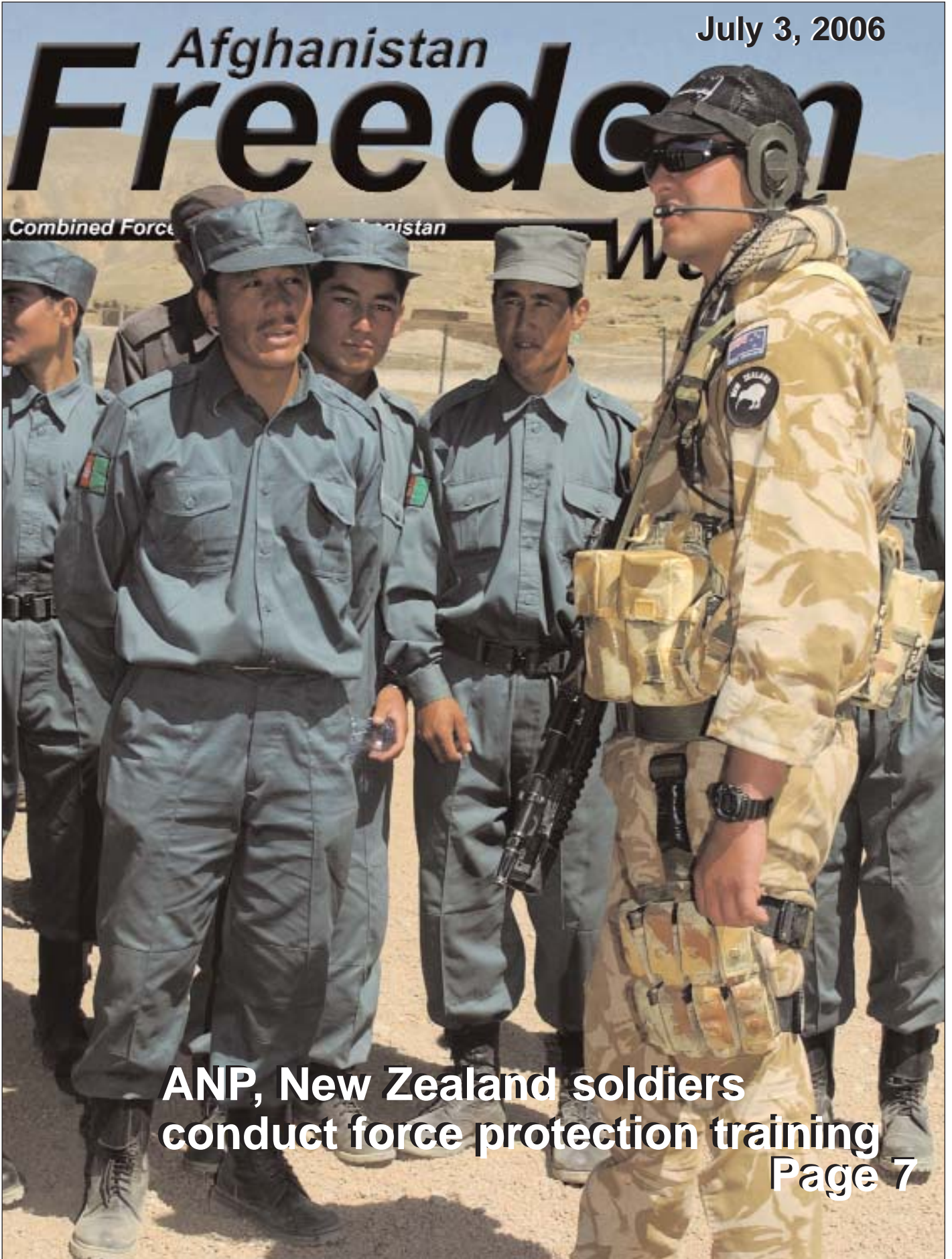
Combined Force

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**ANP, New Zealand soldiers
conduct force protection training**

Page 7



A patient is loaded onto a UH-60 Blackhawk helicopter in Qalat on June 13. The UH-60 is part of a medical evacuation mission that included an Air Force HH-60 Pavehawk that flew security. The Pavehawk is part of the 41st Expeditionary Rescue Squadron in Kandahar. The squadron is the first squadron to combine rescue and medivac missions into the same squadron.

Photo by Air Force Senior Airman Brian Ferguson
455th Air Expeditionary Wing



Cover: New Zealand Army Lance Cpl. Israel Jones tries to keep role-playing members of the Bamiyan Afghan National Police force from becoming an "agitated mob" during a riot control exercise conducted by the Bamiyan Provincial Reconstruction Team on June 13.

Photo by Army Pfc. Anna K. Perry
19th Public Affairs Detachment

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Afghanistan **Freedom** Combined Forces Command - Afghanistan **Watch**

Freedom Watch is a weekly publication of
Combined Forces Command - Afghanistan.

CFC-A Commander Lt. Gen. Karl W. Eikenberry
Public Affairs Officer Col. Thomas Collins

Freedom Watch, an Army publication, is published each Monday by the 19th Public Affairs Detachment at Bagram Airfield, Afghanistan. Printed circulation is 5,000 copies per week.

In accordance with AR-360-1, this Army newspaper is an authorized publication for members of the U.S. military overseas.

Contents of the *Freedom Watch* are not necessarily the official view of, or endorsed by, the U.S. government, the Department of Defense or the Department of the Army.

Deadline for submissions is 0730 Zulu each Friday. All submissions are subject to editing by the 19th Public Affairs Detachment, located in Bldg. 415, Room 205, Bagram Airfield. We can be reached at DSN 318-231-3338.

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Coalition forces defend Panjwayi

Combined Forces Command - Afghanistan Public Affairs

KANDAHAR, Afghanistan -- Coalition soldiers, conducting a dismounted patrol June 25, came under attack by small arms fire and rocket propelled grenades from both sides of the Afghandab River bed in Panjwayi District. A fire fight took place and Coalition forces successfully cleared the area of extremists.

Upon clearing the area, Coalition forces found four

“The Taliban is again depriving the local community in Panjwayi of well-needed medical supplies and care.”

*Army Maj. Nick Grimshaw
Task Force Orion*

rocket propelled grenade firing positions, one machine gun position, and other positions for fighters.

The Village Medical Outreach visit was cancelled, but will be

rescheduled.

“The Taliban is again depriving the local community in Panjwayi of well-needed medical supplies and care, which would have been provided in

Mushan and Talikan on June 24 and 25 if the security would have allowed it,” said Army Maj. Nick Grimshaw, Task Force Orion, Company Commander in Pahwayi.

Coalition forces and Afghan national security forces have a permanent presence in Panjwayi in order to secure the district of extremist activities. Other aid and humanitarian assistance activities will be considered in this area if the security situation improves.

ANP, Coalition forces recover IED in Khowst Province

Combined Forces Command - Afghanistan Public Affairs

FORWARD OPERATING BASE SALERNO, Afghanistan -- Afghan National Police discovered an “un-armed” improvised explosive device June 23 in Khowst Province.

Immediately after finding the device, the

ANP notified Coalition forces in the area to take the device, according to Coalition reports.

Task Force Wolf Pack, which consists of the 4th Battalion, 25th Field Artillery Regiment from Fort Drum, N.Y., as well as attached personnel, arrived shortly after the ANP reported their find and discovered the area was already secure.

“It’s significant that the Afghan National Police were able to spot the device and secure the perimeter before coalition forces arrived,” said Maj. Eric Zenk, a military spokesman for the Regional Command East, Afghanistan. “This shows that the security forces of Afghanistan are making progress and their training is paying off.”



Photo by Army Spc. Leslie Angulo, 55th Combat Camera Company

Dari/Pashtu phrase of the week

It's nice to meet you.

Dari

Az deedeane-e-shuma khoosh hal shudam.

(OZ dee-dawn-a-shoo-mash hoosh haul shoo-dahm)

Pashtu

Da tasoo leedena sokha khoosh hal shooma.

(Dah tah-soo lee-deh-nah sow-ha hoosh haul shoo-mah)

On average, Afghans in the U.S. place a high value on education. In Islam, education is valued more than wealth. Most children of Afghan refugees and Afghan immigrants are college-educated or enrolled in a university.

Korean hospital reaches milestone

By Army Spc. James H. Tamez
19th Public Affairs Detachment

KABUL, Afghanistan -- Coalition personnel and Afghan citizens celebrated with the Korean contingent here June 15, commemorating the 200,000th patient treated at the Korean Hospital since February 2002.

"Our soldiers are very proud to help the people of Afghanistan," said Col. Soongu Kim, Korean Support Group commander. Kim said as the commander, he sees his soldiers are working very hard and sticking to their schedules. This allows for the best possible treatment for the patients coming to the hospital.

"We feel compelled to help the people of Afghanistan because of the situation they find themselves in," said Kim. "We were in the same situation 50 years ago."

Afghanistan, like the Republic of Korea, endured a traumatic war so the Koreans are hoping to share the lessons they learned and help to rebuild Afghanistan.

Some of the speakers at the event included Murad, the governor of Kapisa province, Mr. Youngbang Yoo, the Korean Ambassador to Afghanistan, and Richard Smyth, the political advisor to Combined Joint Task Force 76.



Photos by Army Spc. James Tamez

Mr. Youngbang Yoo, the Korean Ambassador to Afghanistan, was one of the speakers at the ceremony June 15 commemorating the 200,000th patient treated at the Korean Hospital.

"It is a moment of appreciation for the Korean hospital, doctors and staff," Murad said. "Mankind has joined together to help their brothers and sisters in Afghanistan."

Many of the people celebrating the suc-

"The joy and happiness you have brought 200,000 Afghans will not be forgotten,"

Murad
Kapisa Province governor

cessful role the hospital has played, are people who were treated here, Murad said.

What has been accomplished is a milestone, but not the completion of the mission. We hope to continue serving the people of Afghanistan by providing the much needed medical assistance, Kim said.

"Over 1,000 Afghans are being treated across the country daily," Smyth said. "Afghanistan was devastated by 30 years of wars. There was a very high child mortality rate and a low life expectancy."

Now the Afghan people are starting to get medical treatment, which hasn't been available for years, Smyth said.

"The medical help the Coalition forces are providing is helping to heal and strengthen Afghanistan," said Murad.

"The joy and happiness you have brought 200,000 Afghans will not be forgotten, he added."



(Above) Coalition Soldiers and Afghan citizens take their seats as the ceremony commemorating the 200,000th patient treated at the Korean hospital begins on June 15. (Right) A former patient sits at the ceremony June 15 commemorating the 200,000 patient seen by the Korean Hospital.

Village rewarded for withstanding Taliban threats

By Army Staff Sgt. Cain S. Claxton

Combined Joint Special Operations Task Force-Afghanistan

URUZGAN PROVINCE, Afghanistan -- The villagers of Chenar Tu have maintained a peaceful existence in their part of this lush valley, about 35 kilometers east of Tarin Khowt -- Uruzgan's capital. They have maintained this existence despite mounting pressure from Taliban extremists.

The message from the Afghan government and Coalition officials, however, is that it pays to stand up against Taliban threats. On June 9, Coalition officials delivered humanitarian aid supplies to villagers here.



Photos by Army Sgt. Cain S. Claxton

An Afghan soldier guards a piles of wheat seed in Chenar Tu on June 9.

"The people of Chenar Tu have chosen peace rather than fighting as the way to end 30 years of war in Afghanistan," Uruzgan Gov. Abdul Hakim Monib said, speaking to a group of elders here in the village center. "Fighting is not the way to rebuild Afghanistan."

The governor, Afghan military and Coalition officials arrived here with two truckloads of wheat seed and flour. A plane buzzed over the valley, air-dropping 14 pallets of "survival" supplies. Each bundle consisted of tools, school supplies, beans, rice, hygiene and hygiene items, tarps, quarts of oil, and salt. Monib also outfitted the local constable force with Afghan National Police uniforms.

"The villagers were ecstatic with the humanitarian aid products and the governor's visit," said the Coalition's on-the-ground commander. "The timing could not have been better. Taliban propaganda in the area was that the government of Afghanistan does not care about you, and they will not heed your appeals for assistance."

A week ago, extremists ransacked the Chora district center and claimed control of one of the few major supply routes into Tarin Khowt. Residents there fled the normally busy streets and hunkered in their homes. Afghan National Army and Coalition forces dispatched a quick reaction force to the area and ran off the terrorists.

The Taliban has not been able to threaten or force its will on the people in the village here, said the Coalition ground commander. "Chenar Tu is a classic example of locals taking up arms against the Taliban," he said. "What can the Taliban possibly deliver to Afghans but threats of violence? They have nothing to offer."

Enduring Voices

How do you celebrate Independence Day back in the United States?



**Army Capt.
T.J. Fearnow**
Bagram Airfield

"Fireworks with friends, family and my wonderful husband."



**Marine Gunnery
Sgt. Shane Ankney**
Bagram Airfield

"Take the family to watch fireworks and usually have a cook-out."



**Army Pfc.
Robert Drawl**
Jalabad

"Barbeque, fireworks and taking the kids to the park."



**Air Force Senior
Airman Michael
Sander, Jr.**
Bagram Airfield

"Go to South Carolina and hang out with my family."



Photo by Army Pfc. Michael J. Nyeste

Air Force Senior Master Sgt. John Tway prepares to record a few lines for a sound clip that may be used on 103.1 FM Thunder Radio. Tway is the station manager for American Forces Network - Afghanistan.

Good..... morning Afghanistan!

American Forces Network - Afghanistan launches radio program

By Army Pfc. Michael J. Nyeste
19th Public Affairs Detachment

BAGRAM AIRFIELD, Afghanistan – Members of American Forces Network are slated to launch Thunder Radio 103.1 FM on July 10.

"There is no American Forces Network radio show broadcasting from Afghanistan," said Air Force Senior Master Sgt. John Tway, the station manager with AFN Afghanistan. "We want to support the troops and entertain them. We also want to keep them informed while they're being entertained by giving them command information about safety issues, forward

operating base policies and weather. We'll also give them the news, the news that they're making."

The new service will be heard in four different locations.

Service members in Kabul, Bagram, Khandahar and Manas, Kyrgyzstan will soon be listening to the same songs they would hear back in the U.S. by listening to their radios, televisions and AFN satellite decoders, Tway said.

"We use the same music listing reports stateside stations use in choosing what we play," Tway said.

Not only will they be listening to the same songs they'd hear stateside, but

they'll be listening without commercial interruption.

"We don't want them to change the station. I know when I listen to the radio, as soon as a commercial comes on, I change the station," Tway said.

Having the commercial free entertainment doesn't come without a lot of effort from AFN Afghanistan members.

"We've had people working hard on this since late May," said Tway. "The workers want the troops to enjoy this service."

Tway said he wants this service to provide the background music of service members' daily activities here just like it does for many people back home.

ANP create unruly crowd for New Zealanders

By Army Pfc.

Anna K. Perry

19th Public Affairs Detachment

BAMIYAN, Afghanistan – A swarm of angry Bamiyan Afghan National Police officers and trainees ran members of the Bamiyan Provincial Reconstruction Team out of town June 13

The soldiers did not have to run far, however, because the scenario was only part of a riot control exercise conducted by the New Zealand-run PRT, the ANP and ANP trainees from the Bamiyan Regional Training Center.

"It was a training exercise where (the PRT) was trying to mediate a land dispute between two villages," said New Zealand Air Force Squadron Leader Rob Cato, a liaison officer for Kiwi Team Three. "The dispute had been going on for (decades) and violence had occurred,"

Cato's team brought the shurra, a formal gathering of lead-



Photos by Army Pfc. Anna K. Perry

New Zealand Army Pvt. Hirini Murfitt faces off with an "angry" Bamiyan Afghan National Police officer during a riot control exercise held June 13 by the Bamiyan Provincial Reconstruction Team. Murfitt is assigned to Kiwi Team Three.

ers played by the ANP, from both villages together in an attempt to resolve the argument.

"Problems" arose during the meeting despite the PRT's efforts.

The deputy shurra of one village got fired up and stormed out which caused a mob that tried to get rid of the other vil-

lage's leaders, Cato said.

The Kiwi team was forced to fight their way through the "agitated" throng of ANP to return to their vehicles.

"I hadn't expected the intensity of the crowd," said Cato. "The shock of finding myself in the middle of that crowd, losing all control and having people yelling all around me

was very realistic. I'd say that was the most value I got out of the exercise."

Cato was not the only person finding value in the day's event, which marked the first time the PRT and ANP had conducted training together.

The police need to be involved in disputes such as these, so this training was definitely beneficial, said Muhammad Anwar, a Bamiyan ANP platoon commander.

"We would like to have more training like this so we can have more experience for any future action," Anwar said.

To better prepare their troops and the ANP for dangerous crowds, the PRT has plans to conduct similar scenarios with their other patrol teams in the near future.

"It's good also to for the guys to realize how quickly situations like this can escalate," said Cato. "Just seeing this once better prepares them for real-world scenarios."



"Agitated villagers" form a mob outside a meeting between local "shurra" and Bamiyan Provincial Reconstruction Team members. Afghan National Police officers acted as the mob as part of a riot control exercise conducted by the PRT on June 13 in Bamiyan.



(Above) New Zealand Army Capt. Matt Tihi, right, and Brendon McDonald discuss their recent inspection June 18 in the Bamiyan Province. Tihi and McDonald are part of the Provincial Reconstruction Team. (Left) An Afghan construction worker works on the Shibar police station in the Bamiyan Province June 18. The station was finished in August.

Kiwis keep construction clicking

By Army Pfc. Anna K. Perry
19th Public Affairs Detachment

SHIBAR, Afghanistan -- Members of the New Zealand-run Bamiyan Provincial Reconstruction Team visited Shibar on June 18 to inspect the construction of the village's future focal point, a new police station.

"What we're doing today is quality assurance for the police station we have here in the Shibar," said New Zealand Army Staff Sgt. Brendon McDonald, engineer works noncommissioned officer. "We do checks at periodic stages throughout the task."

One way to insure quality of the project is by making sure it is being upheld and built to the same standards used in New Zealand, said New Zealand Army Capt. Matt Tihi, PRT engineer officer.

Tihi and McDonald agree those high standards are being met by the Afghan workers who are constructing the building.

"We came over here with an open mind, not knowing how they do construction in Afghanistan," said McDonald. "We've seen how well they are at improvising with tools as they've done for years and years."

"The contractors here can do things with all the tools they have, but they have very rudimentary tools, yet they meet the standards," Tihi added.

The new police station, which is slated to be completed in August, will have a positive affect on the community.

Just the presence of the station is going to help the community because they'll have somewhere to go if they need it," Tihi said.

"This project supports the police activities and ultimately protects the security of the region and the community," Tihi added.

In addition to supporting Shibar's police activities, the team is building four other district police stations throughout the province.

"There's still a large threat in Afghanistan, and it's important to maintain a police presence in the local community," Tihi added.



Photos by Army Pfc. Anna K. Perry

and New Zealand Army Staff Sgt. McDonald are assigned to the Bamiyan Provincial Reconstruction Team (PRT) contractor works on the future Shibar police station June 18. The station is expected to be

g in Shibar

almost no machinery or equipment. They don't meet the standards the PRT is looking for, but the station, when completed by August, should have a significant impact on the morale of the local population. "We have trouble for one thing, McDonald said. "There are a lot of problems with enemy activity. We have to continue to support



New Zealand Army Capt. Matt Tihi walks through the rooms of the future Shibar police station June 18 in the Bamiyan Province. Tihi is an engineer officer assigned to the Bamiyan Provincial Reconstruction Team.

U.S. mentors Afghan nurses, builds foundation for future care

By Army Pfc. Michael J. Nyeste
19th Public Affairs Detachment

BAGRAM AIRFIELD, Afghanistan – Members of the 14th Combat Support Group are mentoring Afghan National Army nurses and helping them set a foundation for medical care for the ANA and all of Afghanistan.

The Afghan nursing mentorship program is a course which takes 15 days to complete, and covers the basics of cardiopulmonary resuscitation, wound care, drawing blood, burn care, nutrition and how to operate some equipment, said Army Cpt. Jacquilla Sullivan, the coordinator of the Afghan mentorship program with the 14th CSH.

The training starts every morning with Afghan nurses giving input and asking questions about what they previously learned. They also prepare and ask questions about the current day's lesson, Sullivan said.

"They are very kind. Every time I ask a question I get a great answer," said ANA Col. Amian Nasruddin, a nurse participating in the program and a physician's assistant with the Central ANA Hospital. "They help us with everything they can."

So far, the 14th CHS has helped Nasruddin and other nurses learn the importance of nutrition and a proper diet for each individual patient, as well as how to draw blood.



Photos by Army Pfc. Michael J. Nyeste

Afghan National Army Col. Amian Nasruddin pours feeding fluid into a feeding tube while his instructor, Army Staff Sgt. David Marquez, holds the tube. Palwasha Khan interprets for ANA members, Cpt. Mohammed Wali Fiazi and Cpt. Noury Rohullah, as they observe. Nasruddin, Fiazi and Rohullah are physicians assistants at the central ANA hospital, Marquez is an assistant ward master for the 14th Combat Support Hospital.

"Today, I taught them how to draw blood in the arterial line and how to administer a feeding tube," said Army Staff Sgt. David Marquez, an assistant ward master with the 14th CSH. "The nurses are very receptive to everything they're taught."

Nutrition is very important. It helps them heal much faster if they're properly

fed, said Nasruddin.

Marquez hopes the knowledge the 14th CSH passes on to the ANA nurses helps build a more independent medical system and a more healthy future not only for the ANA, but the Afghan people.

"I hope what we teach them this lets them stand on their own feet and take care of their own people," he said.



PHOTOS FROM THE FIELD

Korean Engineer Group Capt. Pwounnook Moon, left, discusses a construction project with Air Force Staff Sgt. Leigh Bellinger, second from right, during a visit to Kapi Si District on June 20. Bellinger is with AFN - Afghanistan.

Photo by Army Spc. Leslie Angulo
55th Combat Camera Company

If you have high-quality photos of service members supporting the Coalition mission or enjoying well-deserved off-duty time, please e-mail them to freedomwatch@baf.afgn.army.mil. Please include full identification and caption information, including who is in the photo and what action is taking place.

Kiwi quenches Afghans' thirst for knowledge

By Army Pfc.

Anna K. Perry

19th Public Affairs Detachment

BAMIYAN, Afghanistan -- New Zealand Army Padre Kirstie McDonald announces her words clearly as she reads English phrases off a dry erase board in the Bamiyan Provincial Reconstruction Team dining facility.

About 20 Afghan male voices echo McDonald.

McDonald, a 28-year teaching veteran, said she is up to the challenge of teaching the PRT-employed Afghans to read, write and speak English.

"We're doing a lot of repetition. When they finish in class, they go back to their jobs and quiz each other on the day's lessons," McDonald said.

McDonald said her students are quick to pick up the new information she presents them. They are also working on simple sentence structure, reading stories and some comprehension skills.

"They come because they want to learn; they are hungry for knowledge, she said.

"These men haven't had the opportunity to learn because of the situation in this country, but they can't get enough of it now," McDonald said.



Photo by Army Pfc. Anna K. Perry

New Zealand Army Padre Kirstie McDonald introduces her students to new words during her morning English class.

McDonald, who has been working with her students since arriving in April, said she likes to expose her students to vocabulary they will use in their daily lives. It's got to be contextual or learning doesn't happen," she said. "These guys are soccer mad, so they watch 10 minutes of the World Cup before class, learning words they can relate to."

One of McDonald's students said he is grateful for the language exposure the PRT's current and previous rotations have given him.

"I think it's important to learn English

because it's the international language," said Habibullah Ghaznawi, an electrician for the PRT. "If someone were to come here and didn't speak Dari or Pashto, we could still communicate."

McDonald said she finds helping Ghaznawi and his classmates satisfying.

"I have a student who can now write his name," she said. "The joy on his face when he wrote his name by himself for the first time ... that is what I want for him. I just want all of these men to enjoy learning and to have access to knowledge."

102nd Quartermaster fuelers keep aircraft moving

By Army Sgt.

Michael J. Taylor

**Joint Logistics Command
public affairs**

MAZAR-E-SHARIF,

Afghanistan -- Fuelers here typically begin their day refueling generators to keep the hospital up and running. But once that job is finished, the fuelers head to the airfield to begin what they consider as the more demanding part of their jobs -- refueling aircraft.

"In the mornings, it is always nice to wake up, walk outside and take a good fresh breath of air. But when you live life as a fueler here, you get use to waking up to the strong smell

of JP8," said Army Spc. David A. Perez, a petroleum supply specialist assigned to the 102nd Quartermaster Company.

While ultimately here to support the Jordanian hospital, fuelers from the 102nd Quartermaster out of Fort Campbell, Ky., attached to the 10th Forward Logistics Element, also take on the duty of refueling aircraft that pass through here.

"It's not a hard job. The hardest part to me is the long days we put in," said Army Private 1st Class Jonathan C. Schriber, a petroleum supply

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Photo by Army Sgt. Michael J. Taylor

Army Spc. Jonathan Schriber sits on the wing of a C-12 aircraft to refuel it as Army Spc. David Perez holds the hose for him June 10 in Mazar-e-Sharif. Both Soldiers are assigned to the 102nd Quartermaster Company deployed from Fort Campbell, Ky.

Female ANP officer leads the way in Bamiyan

By Army Pfc.

Anna K. Perry

19th Public Affairs Detachment

Bamiyan, Afghanistan --

Afghan men are no longer the only ones maintaining law and order in Bamiyan Province.

Eight months ago, the Bamiyan Afghan National Police welcomed its first female officer to the force.

Officer Nahid Karimi assumed her position on the force after completing three and half months of training at the Bamiyan Regional Training Centre, an ANP training facility controlled by the New Zealand-run Bamiyan Provincial Reconstruction Team.

"My husband and family encouraged me to join, but mostly I was interested in the job," said Karimi, who had to participate in the same initial training as her male counterparts.

Karimi's job now includes handling any issues regarding Bamiyan's women.

"If a woman has been mistreated by her husband, if a woman has run away from

home, if she needs to be searched or questioned, those issues are my responsibly to handle because the male officers cannot," Karimi said.

Not only is Karimi helping the women of her province, she is making herself a role model for them as well.

Having a policewoman is a mind-changing event here. Nahid is a strong woman to have joined in the first place, said Police Superintendent Dave Lawry, New Zealand police representative in Bamiyan.

Lawry said he hopes Karimi's presence, as well as the police force promising to take care of women, will encourage other Bamiyan ladies to join the ANP.

"It's important that we don't just create positions for women and then leave them," said Lawry. "They need to be looked after. We need to have members of the police who are sympathetic toward the changes."

Many police leaders in Bamiyan have already realized

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Photo by Army Pfc. Anna K. Perry

Officer Nahid Karimi steps out of the tent she uses as an office. Karimi is the first female member of the Afghan National Police Force in Bamiyan Province.



Photo by Army Sgt. Michael J. Taylor

Army Spc. David A. Perez drags the fuel hose to the far side of a German helicopter in order to refuel it June 9 in Mazar-e-Sharif. Perez is assigned to the 102nd Quartermaster Company from Fort Campbell, Ky.

FUEL from Page 11

specialist from Sidney, Ohio.

"Some days we work 12-plus hours."

During their time here on ground, the fuelers have fueled as many as eight aircraft in a day and pumped over 15,000 gallons of JP8 in their busiest week.

"We are here everyday and even when we aren't at the fuel yard, we stay on call," said Perez, an El Paso, Texas native. "I love my job, and whatever has to be done as far as fueling is concerned, I am all for it."

The fuel team is made up of three petroleum specialists and a water purification specialist, who is cross trained as a fueler.

"I feel good about being depended on for fuel because I know that the aircraft we fill are in good hands with us,"

"I love my job and whatever has to be done...I am all for it."

*Army Spc. David A. Perez
102nd Quartermaster*

New Zealanders give orphans quality time

By Army Pfc. Anna K. Perry
19th Public Affairs Detachment

BAMIYAN, Afghanistan – Members of the New Zealand-run Bamiyan Provincial Reconstruction Team visited the Shuhada Foundation Orphanage June 15. The mission was simple; they were there to interact with the children by jumping rope, throwing a ball and by handing out lots of smiles and hugs.

The gift of quality time is just as important as any humanitarian aid the PRT could provide, said New Zealand Army Padre Kirstie McDonald, PRT chaplain.

"I think it's universal. Kids need to spend time with adults ... to play, have fun and not worry about the condition of their lives," agreed New Zealand Army Capt. Cathy McCrory, regimental nursing officer, PRT.

The PRT frequently visits the orphanage, which is located in Bamiyan's Dragon Valley, to check in with the two dozen children and the small handful of

women who care for them.

On other occasions, the troops have provided blankets, toys and clothing for the children or completed projects like installing fly screens in the building's kitchen.

Today, however, the sole purpose is to show the young orphans a good time, McDonald said.

"Coming out here doesn't take resources or funding and we aren't restricted by anything. We just need a few hours and our soldiers love playing with the children," McCrory said. The hours devoted to playtime are believed to be beneficial to all involved.

"I think it's good for them to see those of us in uniform aren't big and scary...we are friendly and want to show we care," McCrory said.

The troops' hearts are warmed by the interaction with the children. The smiles and hugs remind them why they're here, McDonald added.



New Zealand Army Lance Cpl. Darrem Te Whata plays ball with an Afghan boy at the Shuhada Foundation Orphanage on June 15 in Bamiyan's Dragon Valley. Te Whata is assigned to the Bamiyan Provincial Reconstruction Team.



New Zealand Army Capt. Cathy McCrory shows an Afghan woman and girl their photos taken with her digital camera during the Bamiyan Provincial Reconstruction Team's visit to the Shuhada Foundation Orphanage on June 15.



New Zealand Army Capt. Cathy McCrory jumps rope with children from the Shuhada Foundation Orphanage on June 15. McCrory is assigned to the Bamiyan Provincial Reconstruction Team.

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the advantages of having a female officer, Lawry added.

Karimi said she believes certain steps must be taken before many more women will join, however.

"We really need more facili-

ties and equipment, for example, our office is only a tent," said Karimi. "I think more ladies will join if these things are taken care of, if we have better equipment to do the best service for our society."

Despite the lack of some

resources, Karimi wants to see more women taking an active role in Bamiyan.

If ladies want to join, they should. But it should be their decision, free of pressure from others, said Karimi.

As it is, two other women

are slated to join the force soon.

These women will help us conquer women's problems that have been pushed aside for a long time. They will definitely prove beneficial to the Bamiyan province, said Lawry.

Photos by Army Pfc. Anna K. Perry

No Suicide Solution

Expert offers advice on prevention

By Army Spc. James H. Tamez
19th Public Affairs Detachment

BAGRAM AIRFIELD, Afghanistan --For some military members, the stress of combat in a strange land combined with the difficulties of being separated from loved ones seems unbearable.

Some of these members may consider permanently ending their problems, not realizing the effects their actions have on those they care about and their comrades in arms they have left behind.

"In my view, suicide is a permanent solution to temporary

problems," said Army Major Matthew Barry, officer in charge, Combat Stress Control Clinic. "The individual leaves behind a lot of unanswered questions and guilt for those close to them."

There are multiple signs a person contemplating suicide demonstrates, Barry said. One of the most pronounced is a withdrawal from society.

"The biggest thing is having an understanding of the risk factors and warning signs," said Air Force Maj. Jody Brown, a psychiatrist with the Combat Stress Control Clinic. "Some risk factors include psychiatric disorders, a history of alcohol or drug abuse, schizophrenia, anxiety, eating disorder or a past history of attempted suicide."

One of the biggest reasons for considering suicide is relationship troubles, Brown said. This can be evidenced in how the individual portrays themselves to others, such as deterioration in their functioning or a self destructive attitude.

"Some of the warning signs include changes in terms of appearance, giving away items of importance and the attitude with which they speak," said Barry. "They make remarks such as 'My family would be better off without me'."

Often times, peers, friends and squad leaders see the signs more readably because of their daily encounters with the individual. However, because they don't know what the individual's changes mean they don't think there is a threat, Barry said.

"It is a big deal for units," Barry said. "Traditionally, suicide is the number two cause of deaths behind accidents."

Whether the individual succeeds in an attempted suicide or not, there can be unanswered questions, feelings of grief and a void left behind for the unit and the family back home, Barry said.

But, there is hope, said Brown. The majority of attempted suicides are done on impulse and by recognizing the signs and acting accordingly, suicides can be avoided.

"Take care of each other," Barry said. "Be sociable with people who seem withdrawn or depressed. Also, get involved in trying to help alleviate stress."

There are many people available to help in a seemingly hopeless situation, Brown said. If you are concerned about someone in your unit, speak with your chain of command. Chaplains are also available for counseling. The people at the Combat Stress Control Clinic are available for counseling. Additional information on suicide and suicide prevention can be found at www.suicidology.org.



Photo illustration by Army Spc. James H. Tamez

Being on a year-long deployment with combat stresses can take its toll on almost any Soldier. Before tensions reach a breaking point, Soldiers should seek counseling with their chaplain, chain of command or the Combat Stress Control Clinic.



Photos by Army Spc. James H. Tamez

U.S. Army, Navy and KBR personnel arrange donated items outside the Egyptian Hospital on June 26. The items, including clothing and food, were handed out to Afghan citizens being treated at the hospital.

Masons, Egyptians combine efforts, donate goods

By Army Spc.

James H. Tamez

19th Public Affairs Detachment

BAGRAM AIRFIELD, Afghanistan - Members of Alpha Military Lodge 195 of the Masonic Order and Easter Star Chapter 177 delivered donated goods to Afghans on June 26 at the Egyptian hospital here.

The goods, collected by military and civilian members of the two organizations while on leave in the U.S., and by the Red

Cross, included clothing, shoes, hygiene products, food and toys.

Dozens of Afghan men, women and children benefited from the groups' generosity.

"Since we've been deployed, this is one of the only ways we can reach out to the greater community," said Anthony Simms, a Mason. "These people desperately need the supplies we give," he said. "That's why we push hard to bring these organizations together to help the Afghan people."



(Above) Navy Petty Officer 2nd Class Quanzail Seals hands out donated supplies to Afghans being treated at the Egyptian Hospital on June 26. Seals is part of the Navy Central Command Detachment Afghanistan. (Right) Army Master Sgt. Roscoe Gudger hands a bag of donated clothing to Sailer, a patient at the Egyptian Hospital, as Khaja Abdul Qodoos helps her carry them out June 26. Gudger is part of the 10th Soldier Support Battalion.



Freedom Watch

July 3, 2006

“The darkness might conquer, but it could never extinguish hope. And though one candle, or many, might flicker and die, new candles would be lit from the old. Thus hope’s flame always burns, lighting the darkness until the coming of day.”

- Margaret Weis and Tracy Hickman